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Test di 10 secondi: In quale direzione gira la ballerina?

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Marine Corps Physical Fitness Charts

Females

Every Marine must be physically fit, regardless of age, grade, or duty assignment. Fitness is essential to the day-to-day effectiveness and combat readiness of the Marine Corps. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Marines who are not physically fit can be a detriment to the readiness and combat efficiency of their unit. Accordingly, every Marine will engage in an effective physical conditioning program on a continuing and progressive basis.

Uniform. The authorized uniform for the semi-annual Physical Fitness Test (PFT) is the USMC established green-on-green T-shirt and shorts, socks, and running shoes. The green-on-green sweat suit may be used in winter climates. Gloves may be worn. Substitutions of the aforementioned uniform are at the discretion of the CO.

Sequence of Events. The sequence of PFT events will be left to the discretion of the CO. All PFT events will be conducted in a single session, not to exceed 2 hours in duration. Movement of Marines from one event to the next should allow adequate time to recover, stretch, and drink water.

Flexed-Arm Hang. The goal of the flexed-arm hang event is for a Marine to hang (maintain elbow flexion) for as long as possible. The procedures are:

- 1) This is a timed event.
- (2) Sweatshirts will be removed during the conduct of the flexed-arm hang event in order to observe when the Marine has completely locked-out her elbows.
- (3) Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.
- (4) The bar must be grasped with both palms facing either forward or to the rear.
- (5) The correct starting position begins when the Marine's arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a Marine rest her chin on the bar.
- (6) Marines are authorized to drop down below the bar, however, some degree of elbow flexion must be maintained with both arms. Once a Marine's arms are fully extended or the Marine drops off the bar, the clock will stop.

Abdominal Crunch. The goal of the abdominal crunch event is for a Marine to execute as many proper and complete crunches within the prescribed time limit. The procedures are:

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(1) 2-minute time limit.

(2) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees will be bent, and both feet will be flat on the deck.

(3) The arms will be folded across the chest or rib cage with no gap existing between the arms and chest/rib cage. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position until both forearms or elbows simultaneously touch the thighs, and then returning to the starting position with the shoulder blades touching the deck.

(4) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting the buttocks is permitted.

(5) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine's feet is permitted.

(6) A repetition will be counted when an accurate and complete abdominal crunch is performed.

3.0 Mile Run. The goal is for a Marine to complete the measured course as quickly as possible. The procedures are:

(1) This is a timed event.

(2) On the command to start, the two Marines monitoring the event will start their watches simultaneously when the last Marine passes the starting point. The Command PT Representative will remain at the start/finish and the other monitor will take the safety vehicle (with communication capabilities) to the halfway point. Monitors will call out the split or finishing time as appropriate, as each Marine passes.

Marine Corps Physical Fitness Test Points - Female			
Points	Flexed-Arm Hang	Crunches	3-Mile Run
100	70 sec	100	21:00
99		99	21:10
98	69 sec	98	21:20
97		97	21:30
96	68 sec	96	21:40
95		95	21:50
94	67 sec	94	22:00
93		93	22:10
92	66 sec	92	22:20
91		91	22:30
90	65 sec	90	22:40
89		89	22:50
88	64 sec	88	23:00
87		87	23:10
86	63 sec	86	23:20
85		85	23:30
84	62 sec	84	23:40
83		83	23:50
82	61 sec	82	24:00
81		81	24:10

80	60 sec	80	24:20
79		79	24:30
78	59 sec	78	24:40
77		77	24:50
76	58 sec	76	25:00
75		75	25:10
74	57 sec	74	25:20
73		73	25:30
72	56 sec	72	25:40
71		71	25:50
70	55 sec	70	26:00
69		69	26:10
68	54 sec	68	26:20
67		67	26:30
66	53 sec	66	26:40
65		65	26:50
64	52 sec	64	27:00
63		63	27:10
62	51 sec	62	27:20
61		61	27:30
60	50 sec	60	27:40
59		59	27:50
58	49 sec	58	28:00
57		57	28:10
56	48 sec	56	28:20
55		55	28:30
54	47 sec	54	28:40
53		53	28:50
52	46 sec	52	29:00
51		51	29:10
50	45 sec	50	29:20
49		49	29:30
48	44 sec	48	29:40
47		47	29:50
46	43 sec	46	30:00
45		45	30:10
44	42 sec	44	30:20
43		43	30:30
42	41 sec	42	30:40
41		41	30:50
40	40 sec	40	31:00
39	39 sec	x	31:10
38	38 sec	x	31:20
37	37 sec	x	31:30
36	36 sec	x	31:40
35	35 sec	x	31:50
34	34 sec	x	32:00

33	33 sec	x	32:10
32	32 sec	x	32:20
31	31 sec	x	32:30
30	30 sec	x	32:40
29	29 sec	x	32:50
28	28 sec	x	33:00
27	27 sec	x	33:10
26	26 sec	x	33:20
25	25 sec	x	33:30
24	24 sec	x	33:40
23	23 sec	x	33:50
22	22 sec	x	34:00
21	21 sec	x	34:10
20	20 sec	x	34:20
19	19 sec	x	34:30
18	18 sec	x	34:40
17	17 sec	x	34:50
16	16 sec	x	35:00
15	15 sec	x	35:10
14	x	x	35:20
13	x	x	35:30
12	x	x	35:40
11	x	x	35:50
10	x	x	36:00
9	x	x	x
8	x	x	x
7	x	x	x
6	x	x	x
5	x	x	x
4	x	x	x
3	x	x	x
2	x	x	x
1	x	x	x

***Round up all values (e.g., 21:01 to 21:09 equals 99 points)**

In order to pass the semi-annual fitness test, Marines must perform the minimum acceptable performance requirements shown in the chart below for their age-group. Additionally, they must have enough overall points to meet the 3rd class fitness requirements (see below).

Minimum Fitness Requirements for Each PFT Event - Females			
Age	Flexed-Arm Hang	Crunches	3-Mile Run
17-26	15 Seconds	50	31:00
27-39	15 Seconds	45	32:00
40-45	15 Seconds	45	33:00
46+	15 Seconds	40	36:00

Marine Corps PFT Classification Scores - Male and Female			
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Class	Age 17-26	Age 27-39	Age 40-45	Age 46+
1st	225	200	175	150
2nd	175	150	125	100
3rd	135	110	88	65

Above Information Derived from Marine Corps Order (MCO) P6100-12

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